



Recipe for Eritrea

Taita

2 cups whole wheat flour (a finely milled type such as chapati flour works well but you can substitute buckwheat flour)

1 cup unbleached white flour

1/2 teaspoon baking soda

2 -3 cups club soda

Combine flour and baking soda in a large bowl. Add club soda and stir well to form a thin batter. Heat a large well-seasoned or non-stick griddle until hot. Brush lightly with oil. Using a large cup or ladle, begin on the outside of the griddle and pour in a circle around the inside edges until the center is filled. Quickly tilt the griddle back and forth to fill in any holes and spread evenly, as if making crepes. Cook for 1-2 minutes, until surface is spongy and filled with tiny air bubbles. Do not flip the bread— just slide off the griddle onto a large plate. Continue cooking Taita until all of the batter is used, transferring them to a plate as they are done. Arrange around the outside edges of the plate so that the centers overlap. Serve immediately with a meat or vegetable stew.